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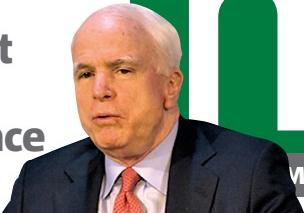
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Local

McCain speaks at security conference

pg 3



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MONDAY, NOVEMBER 23, 2009

metronews.ca



Celebrity Buzz



Pam comes clean to kids
pg 14

Plaskett takes home folk awards

MUSIC Halifax singer-songwriter Joel Plaskett led a big night for East Coast musicians at the fifth annual Canadian Folk Music Awards Saturday.

Plaskett was the only multiple award winner at the gala, earning prizes for contemporary album of the year and producer of the year.

Fellow Halifax native Susan Crowe was named English songwriter of the year while ukulele player James Hill — who is originally from Langley, B.C., but is now based in Brookfield — won traditional album of the year for his collaboration with Anne Davison. **THE CANADIAN PRESS**

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2



Uteck Bowl The agony of defeat



RYAN TAYLOR/HALIFAX HERALD

Saint Mary's Huskies receiver Ahmed Borhot and offensive lineman Tom Gibbons sit dejected on the bench as the Uteck Bowl Canadian Interuniversity Football semifinal winds down Saturday. The host Huskies lost 38-14 to the University of Calgary Dinos. Story, page 9.

Still no sign of missing N.S. sailor

HALIFAX After four days of scanning the Atlantic, U.S. and Canadian authorities have scaled back their search for a solo sailor from Halifax who was caught in a violent storm as he sailed to Bermuda.

Hubert Marcoux, a 67-year-old author and adventurer, left the province Nov. 9 and was supposed to reach Bermuda last Monday.

The search for Marcoux and his 14-metre boat Mon Pays began Thursday. At that point, the area Marcoux was sailing through had already been battered for days by 110-kilometre per hour winds and waves as high as three-storey buildings.

"He ran into the remnants of a storm coming up the coast," said Jeri Grychowski, spokeswoman for the Rescue Co-ordination Centre in Halifax.

Fixed-wing aircraft from Canada and the U.S. searched about 400,000 square kilometres of open ocean, but they turned up no clues as to Marcoux's whereabouts.

"The search for the Mon Pays has been officially reduced," said Grychowski. "There will be no more aerial searches."

However, search officials will continue to use VHF broadcasts to ask mariners in the area to keep watching for Marcoux's boat.

THE CANADIAN PRESS

Going Green pg 7



Rocking for the water

On the web

Visit metronews.ca for news updates

HRM's graffiti debate

MONIQUE MUISE
monique.muise@metronews.ca

The municipality should start cracking down on private citizens who aren't getting rid of unsightly graffiti on their property, a new report to Halifax Regional Council says.

The report, set to come before council tomorrow, examines how HRM has been handling graffiti over the past few years — and if more could be done to tackle the ongoing problem.

"It is frustrating for HRM to use its resources (time and funding) on graffiti removal when adjacent private property is not being maintained," says the report. "Proposed changes to the HRM Charter will allow us to enforce removal on property owners who do not remove graffiti."

Coun. Linda Mosher, who heads up HRM's Graffiti



Task Force, said the change might be controversial, but it's necessary.

"We're not just trying to throw this out and tell residents if you have graffiti on your property, you're responsible and that's it," she explained. "It's critical to have the education component ... and provide the tools for residents to remove it."

Over the past two years, HRM has spent \$1 million trying to rid the municipality of graffiti. Mosher said while commissioned murals and free graffiti cleanup kits

have helped cut down on the vandalism, there is still very little public awareness.

To help change that, HRM will host a three-day graffiti summit in spring, accompanied by a public education and advertising "blitz."

Coun. Dawn Sloane suggested rather than forcing citizens to clean up their defaced property, people sentenced to community service could do the cleaning.

"Why not put them to work picking up garbage and cleaning up (the graffiti)?" Sloane said.

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Local



First-aid kits get over-priced pitch

The province's Department of Labour and Workforce Development is warning business owners about telephone sales pitches for over-priced first-aid kits. A release said a kit that complies with the Occupational Health and Safety Act regulations should cost between \$20 and \$100 — but some companies are getting calls for kits costing about \$300. A list of required materials in a first-aid kit can be found on the department's website at www.gov.ns.ca/lwd/safety.asp

METRO HALIFAX



Police seek man wanted on parole warrant

MISSING Halifax Regional Police are asking for the public's help in finding a man wanted on a parole warrant.

Police say Preston Lynden Denny, 23, was residing at a Halifax

halfway house in relation to a 2008 conviction for sexual assault and break and enter.

He was reported missing Nov. 18 after failing to return to the halfway house. Police say Denny has connections to the Eskasoni area of Cape Breton and may have returned there.

Police are advising the public not to approach the individual if they know of his whereabouts. They are instead asked to contact police at 490-5016 or Crime Stoppers at 1-800-222-8477.

METRO HALIFAX

metronews.ca
What's online today.

Video Market watchers will be keeping an eye on the health of Canada's big banks as they begin reporting earnings results at metronews.ca/canada

Blogs Sexcetera weighs in on the age-old question of 'Once a cheater, always a cheater?'

Lotteries

Friday, Nov. 20
Lotto Max 2, 8, 28, 30, 36, 39 & 42 Bonus 24
Saturday, Nov. 21
Lotto 6/49: 18, 25, 35, 43, 46 & 47 Bonus 04
These results are not official.

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Lahay, was charged with possessing and importing child pornography.

Dunn, the auxiliary bishop of the diocese of Sault Ste. Marie, Ont., said it will be a challenge to restore people's faith in a parish also tarnished by decades-old charges of sexual abuse by its priests.

"Whenever there's a tragic situation like this, you know, healing takes

time," he said from Sault Ste. Marie after the announcement was made.

"So I'm very aware that it's going to be difficult."

Dunn said he won't take up his role until the new year, when he expects to begin travelling through the sprawling diocese and its 118 parishes and missions.

Father Paul Abbass, spokesman for the Antigo-

nish diocese, said he's relieved the Vatican made the rare move of quickly appointing a replacement for Lahay.

"There's a lot of pain and struggle that so many people in the diocese feel," he said from Sydney. "It really changed in some ways how people see church ... Right now it's a struggle and he is going to step into the middle of that struggle."

Lahay was charged in September with possessing and importing child pornography after he was stopped at the Ottawa airport.

The 69-year-old clergyman resigned his position and has been staying with other priests in Ottawa since he was granted bail Oct. 1. He is due back in court next month.

THE CANADIAN PRESS

Restoring faith to be challenge: Bishop

Appointee to embattled Antigonish diocese 'aware that it's going to be difficult'

The bishop appointed to oversee a Nova Scotia diocese tainted by sex abuse allegations and child pornography charges says he recognizes it will take time to bring people back to the embattled church.

Bishop Brian Dunn, appointed Saturday by Pope Benedict XVI, takes over the diocese of Antigonish two months after his predecessor, Bishop Raymond

The big man's in town Parade of Lights



Santa Claus waves to the crowd from aboard his sleigh during the Holiday Parade of Lights on Saturday night. Thousands of people enjoyed the mild weather on Saturday as they took in the annual parade in downtown Halifax.

Woman killed in collision soldier's wife

The military has identified a N.S. woman who was killed Friday in a fiery collision between a sport utility vehicle and a military bus.

Mike Bonin, a spokesman for CFB Halifax, says Carmel Payne was killed when her vehicle slammed into the bus on Highway No. 7 near Forest Hill Drive.

Bonin says she was married to petty officer (first class) Rick Payne, who was on an overseas deployment and is returning home.

Bonin says the couple has two adult daughters, and it's believed the victim was in her mid 40s.

Police said Friday that investigators were trying

to figure out if the SUV crossed the centre line before the crash at about 9:40 a.m.

Two witnesses said the military vehicle was in its own lane, travelling at a normal speed, when they heard a loud bang and saw debris flying everywhere.

THE CANADIAN PRESS

Person in stolen car crash likely hurt: Police

Halifax Regional Police's K-9 unit and Halifax Ground Search and Rescue assisted in the search yesterday for a person cops allege crashed a stolen vehicle into a bus shelter, two light standards and four vehicles at a car dealership in Dartmouth.

Police say at about 4:30

a.m. yesterday, two vehicles were observed racing on Windmill Road at Akerley Boulevard. Police checked the area and located what they say was a stolen Chrysler Sebring, which crashed into the shelter, lights and vehicles at the Fairley and Stevens Ford

and Lincoln dealership.

Police say the stolen car received extensive damage, but the driver wasn't located. Police were concerned the driver might have been seriously hurt. The search was called off at 4:30 p.m. yesterday without anyone being found.

METRO HALIFAX

Clinic traffic 'steady' as vaccine rolls out for all

Flu Outbreak

ALY THOMSON
for Metro Halifax

Vaccination clinics should continue to see a steady stream of people in the next few days after the H1N1 vaccine became available to the general public Friday, a spokesman for Capital Health said yesterday.

John Gillis said traffic at vaccination clinics was "steady but not overwhelming" Friday and Saturday. No clinics were open yesterday.

Gillis said each time a risk group gets added area clinics fill up for a few days and then taper off. He expected this latest time to be no exception.

As for those looking to get the shot through their family doctor, Gillis said

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Vaccination clinics

Open today

- Dartmouth North Community Centre: 2 to 7 p.m.
- Captain William Spry Community Centre in Spryfield: 2 to 7 p.m.
- Sackville Sports Stadium (Newbridge Academy): 2 to 7 p.m.

most vaccines have been ordered by family physicians, but the public is advised to check with their family doctor before going to get vaccinated.

Dr. Robert Strang, the province's chief medical officer, said people should get vaccinated, but there is no rush, as there will be plenty of opportunity in the coming weeks.

The province has about 70,000 available doses and is expected to receive 135,000 adjuvanted doses early this week.

Strang said the campaign was expanded Friday to help over 100,000 people aged over 65, the most recent priority group, who haven't been eligible for an injection.

WITH FILES FROM
THE CANADIAN PRESS

News in brief

ASSAULT Halifax Regional Police say a 20-year-old male was assaulted on Saturday night. Police say they responded to a call in the 1800 block on Granville Street in Halifax, and found the man suffering from head injuries. A short distance

away, police say they found the 19-year-old suspect. He was taken into custody without incident. The victim was taken to the QEII Health Sciences Centre in Halifax with serious head injuries.

METRO HALIFAX

Dartmouth man handed child-porn charges

A 51-year-old Dartmouth man has been charged with accessing, possessing and distributing child pornography. Police searched a Cloverfield Court residence in Dartmouth just after 6 a.m. Friday and seized three computers, including two laptops. Earl James of Dartmouth will be in court at a later date. **METRO HALIFAX**

Taliban co-operation splits panel

McCain, Hillier balk at negotiating with group during security forum

PAUL MCLEOD
paul.mcLeod@metronews.ca

They agreed on most things, but the question of whether to negotiate with the Taliban split a high-profile panel down the middle at the Halifax International Security Forum this weekend.

The North American half of the Afghanistan debate — former Canadian Forces General Rick Hillier and 2008 U.S. presidential candidate John McCain — said NATO is in no position to barter with Taliban forces.

That contrasted greatly with two speakers living in the region.

"It's essential," said Harvard researcher and Afghan resident Michael Semple of bringing the Taliban to the table. "It's not the only thing that's going to deliver peace and stability in Afghanistan but it's a very important part of it."

Semple said the black-and-white view of the Taliban is misinformed. He spoke about a more rational, pragmatic faction of the organization that must become part of a sustained peace.

Najam Sethi, editor of Pakistan's Daily Times, said it is al-Qaida that poses the risk of turning Afghanistan into a haven



Rick Hillier, former chief of Canada's defence staff, fields a question after a session on Afghanistan at the Halifax International security Forum in Halifax on Saturday.

for terrorists.

"You have to pry apart al-Qaida from the Afghan Taliban, and you have to find accommodation with the Afghan Taliban in times to come," he said.

That view was flat-out rejected by Canada's representative Hillier.

"I cannot comprehend what we would discuss," he said. "I mean, would we

Protests

• The three-day Halifax security forum at the Westin Hotel wrapped up yesterday with topics including Iran, nuclear weapons and what NATO should stand for. About 100 people peacefully protested outside the hotel on Saturday.

hand over the women to them so they could beat them or brutalize them?" he said to reporters after the debate at the Westin

Hotel, where the conference was held.

Hillier said western forces need to target individuals within the Taliban

and lure them away from the group. Senator McCain said the Taliban would never negotiate seriously with NATO forces as long as they feel they are winning.

All four speakers agreed on the importance of defeating the insurgency, and said setting a deadline for withdrawal allows the Taliban to simply wait out western armies.

CAPE BRETON POST

News in brief

BREAK-IN Halifax Regional Police say two males will appear in court today facing charges of break and enter, robbery and weapons charges after a home was broken into on Douglas Drive in Bedford on Saturday night. Police say the homeowners were in the house at the time of the robbery at about 8:15 p.m. A female from within the home called 911 and police say they arrived moments later and saw the two males fleeing the scene. Police and a K-9 unit searched the area and located the suspects in a neighbouring backyard. The suspects, who are in their 20s, were taken into custody without incident, police say, and all stolen items were recovered safely.

METRO HALIFAX

Another encounter with coyotes probed

WILDLIFE Parks Canada officials are investigating another human encounter with coyotes in the Cape Breton Highlands.

The incident occurred about two weeks ago somewhere in the national park, but few details were immediately available.

"We are aware of something that did go on and we are investigating that at this time," said Derek Quann, a Parks Canada manager of resource conservation.

"We don't have really much detail to report on it. We are just trying to put the pieces together."

Quann was not able to offer the date, time or exact location of the encounter, but said officials are taking it seriously.

"As has always been the case when we have been advised of any incident of problem wildlife, potential conflict or danger we investigate it aggressively and take definitive action



Taylor Mitchell, 19, died after being mauled by coyotes in the Cape Breton Highlands.

as needed. That has always been the case."

The latest incident comes just weeks after coyotes killed Toronto folk singer Taylor Mitchell on the Skyline trail, Oct. 27.

As part of that investigation, Quann said two more coyotes have been destroyed by Parks Canada officials to bring the total to four.

CAPE BRETON POST

Report targets Health Dept. spending

CUTTING COSTS A second instalment of an independent consultant's review of Nova Scotia's finances singles out the Health Department as a target for getting overall spending under control.

The report by Deloitte and Touche LLP, released Friday by the Finance Department, said there remains a need to innovatively manage costs while improving health-care services. Health is expected to continue to eat up more than 42 per cent of departmental spending in 2009-2010.

"The situation will require innovative and creative thinking as well as determined discipline during execution."

Deloitte and Touche report

"Addressing those challenges transcends simple cost management," Deloitte said in the 33-page report.

"The situation will require innovative and creative thinking as well as determined discipline during execution."

However, Deloitte's report did not make specific recommendations about

what the government should do in order to get health costs under control.

Deloitte also recommended that the provincial government file a separate capital plan by December of each year, especially given the increased emphasis on capital spending as a way of stimulating the economy during the recession.

CAPE BRETON POST

Cape Breton mayor defends 2008 comments

LAW A Nova Scotia mayor has been given the opportunity to defend himself against allegations of professional misconduct in his role as a lawyer after making comments about the province's judiciary.

John Morgan, mayor of the Cape Breton Regional Municipality, appeared Friday before a hearing committee of the Nova Scotia Barristers' Society.

The allegations stem from remarks Morgan, who is also a lawyer, made during a 2008 CBC interview, including people involved in the judicial process having ties to political parties and are not "tree shakers."

Morgan was speaking about a Nova Scotia

Supreme Court ruling in April 2008 that rejected the municipality's lawsuit against the province over equalization payments.

Morgan, who represented himself, told the committee he was speaking strictly in his capacity as mayor and it's not in the interest of the public to stifle politicians.

CAPE BRETON POST

Facebook may figure in school board's hiring

EMPLOYMENT If you're hoping for a job with the Strait Regional School Board, you may want to reconsider what you post on your Facebook profile.

The board's working committee has sent to its next regular session for approval a new policy on recruitment, hiring and retention of employees.

Under the section listing the components by which individuals will be assessed, in addition to resumes and employment history, the board has included "other related information" — a catch-all term that could cover information that may be found on social networking sites.

Supt. Jack Beaton told the committee that generally it's a common human resources practice to do a web check on prospective employees, and anything information gathered has to be considered in context.

CAPE BRETON POST

Spring Garden Area's Quick Facts



Did you know that the newest business in the Spring Garden Area, **Duly Noted Stationery** (1459 Brenton St.) carries a wonderful selection of cards, note papers & wedding invitations?

springgardenroad.com

A Canadian warship has begun anti-piracy duties off the coast of east Africa. HMCS Fredericton will spend the next six months patrolling in the Gulf of Aden and off the Horn of Africa. Fredericton's skipper, Cmdr. Steve Waddell, says the frigate is more than prepared to deal with piracy attacks on merchant shipping. THE CANADIAN PRESS

Canada

PM snubs reporters at free-media talk

Prime Minister Stephen Harper urged journalists to "shine light into dark corners" of government affairs during a speech Saturday, but wouldn't take questions from reporters covering the event. Harper, who is known for his sometimes prickly relationship with parliamentary reporters, made the comments during an ethnic media awards dinner in Markham, Ont. Freedom for Canadians goes hand-in-hand with journalistic freedom, he told those gathered at Seneca College.

THE CANADIAN PRESS

Reviving sagging Ignatieff

New Liberal chief of staff wants cerebral leader to be himself

Michael Ignatieff isn't a Tim Hortons kind of guy — and that suits his new chief of staff just fine.

Peter Donolo spent his first week on the job reminding Liberals that party icon Pierre Trudeau wasn't exactly a donut shop everyman either and that didn't stop Canadians from electing him four times as prime minister.

The trouble for the current Liberal leader is that the Tories have successfully turned his résumé as an internationally acclaimed intellectual and former Harvard professor into a liability. To hear them tell it, Ignatieff is an elitist academic who's "in it for himself" and "just visiting" Canada after working

more than 30 years abroad. Donolo's goal is to turn that negative back into a positive.

He isn't talking publicly, but according to party insiders with whom he's spoken, Donolo's assessment of the party's sagging fortunes is as follows:

Ignatieff and his inner circle have allowed themselves to be spooked by the Tory attack ads. Conse-

quently, they've played down Ignatieff's lofty academic and intellectual credentials.

Donolo believes his task is to allow Ignatieff to be himself and to build on his strength as a thoughtful, insightful deep thinker.

His aim is to position Ignatieff as a leader who's better able to grapple with the weighty issues and thorny challenges ahead, as opposed

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 SCANLINE
 The latest headache for Michael Ignatieff? A scathing attack from the wife of former leader Stéphane Dion. Scan this code for the full story. Learn how to scan the barcode with the instructions at the top of pg 2

to Prime Minister Stephen Harper, who is so devoted to the appearance of the common man that he chose to attend the opening of a new Tim Hortons shop rather than a speech to the United Nations general assembly on the environment.

THE CANADIAN PRESS

Michael Ignatieff



B.C. RCMP officer helps deliver neighbour's baby

NEWBORN Steve and Heather Boey have always felt safe in their Vancouver-area home, having an RCMP officer living nearby.

But they didn't realize what a great neighbour they had until the officer helped deliver their baby boy — inside their Maple Ridge home.

Const. Steph Rogers, 38, came to the rescue Nov. 12, hours after the Boeys returned home from the hospital. Heather Boey had been induced earlier that day, but she was told not to

expect the baby's arrival until the next day.

At around 10:30 p.m., the 27-year-old woman felt the baby pushing.

Her husband called their midwife, who then called for paramedics. His next call was to Rogers.

Both the officer and husband helped ensure the delivery went smoothly, just in time for the ambulance to arrive.

Nathan Boey was born just after 11 p.m., weighing six pounds, 15 ounces.

THE CANADIAN PRESS

News in brief

CHOPPER A test to certify the model of helicopter involved in a fatal crash off Newfoundland showed it would remain airborne for "around 10 minutes" — about one third of the time required — if oil

leaked from its gearbox, aviation regulators say. The cause of the Cougar Flight 491 crash in March, which killed 17 people, remains under investigation.

THE CANADIAN PRESS

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Officials to probe radiation release

The U.S. Nuclear Regulatory Commission is sending investigators to the Three Mile Island nuclear plant in Pennsylvania after a small amount of radiation was detected. **THE ASSOCIATED PRESS**

World

Mine blast kills 92

When gas levels suddenly spiked deep in the Xinxing coal mine, Wang Jiguo grabbed two co-workers and they ran for their lives. Minutes later, there was a huge bang, a torrent of hot air and the earth shuddered.

Two days later, at least 92 people are reported dead and 16 missing, the official Xinhua news agency said. The deadliest accident in China's mining industry for two years has highlighted how heavy demand for power-generating coal comes at a high human cost.

"Development is important, but the growth of GDP shouldn't be achieved at the price of miners' blood," said provincial governor Li Zhanshu, urging officials to better manage coal mines.

The blast at the nearly 100-year-old mine in Heilongjiang province, near the Russian border, dealt a blow to the central government's race to improve safety, which has seen the shutting or absorbing hundreds of smaller, private mines into state-owned op-



Rescuers on a trolley prepare to enter the site of the gas explosion at the Xinxing Mine in China.

16 missing

- Authorities say the 16 miners still missing are trapped about half a kilometre underground.

the Xinxing mine's director, deputy director and chief engineer were fired, said an employee, who refused to give his name because he was not authorized to speak to the media.

Of the 528 people reportedly working in the mine at the time of the explosion, 420 escaped, Xinhua reported. At the Hegang Mining Group General Hospital, which a spokesman said was treating 32 injured miners, a few were in the intensive care unit under police guard.

After Saturday's accident,

THE ASSOCIATED PRESS

Health-care bill moves on for debate

WASHINGTON U.S. Senate Democrats, without a vote to spare, pushed forward a bill to overhaul the American health-care system, but a divisive debate still lies ahead and there is no assurance the measure — as written — will win approval in the upper chamber of the Congress.

In a rare weekend session, the Senate voted 60-39 to move the health-care reform legislation to the floor for a full debate, expected to begin after lawmakers re-

turn from the U.S. Thanksgiving recess. The 60 votes were the minimum needed under Senate rules to overcome Republican legislative

manoeuvres to prevent the bill from even being debated.

The legislation would extend coverage to roughly 31 million Americans without insurance, crack down on insurance company practices that deny or dilute benefits and curtail the growth of spending on medical care nationally.

Saturday's vote was hailed as a victory for President Barack Obama, but final passage is far from certain.

THE ASSOCIATED PRESS



With Republicans promising a no vote, internal squabbling among Democrats is the bill's biggest obstacle. Scan this code for the full story.

Learn how to scan the barcode with the instructions at the top of pg 2

Defendants want to air grievances

9-11 The five men facing trial in the Sept. 11 attacks will plead not guilty so that they can air their criticisms of U.S. foreign policy, the lawyer for one of the defendants said yesterday.

Scott Fenstermaker, the lawyer for accused terrorist Ali Abd al-Aziz Ali, said the men would not deny their role in the 2001 attacks but "would explain what happened and why they did it."

Ali, also known as Ammar al-Baluchi, is a nephew

of professed 9-11 mastermind Khalid Sheikh Mohammed. Mohammed, Ali and the others will explain "their assessment of American foreign policy," Fenstermaker said. "Their assessment is negative," he said.

Critics of U.S. Attorney General Eric Holder's decision to try the men in a New York courthouse have warned that the trial would provide the defendants with a propaganda platform.

THE ASSOCIATED PRESS

29 dead, 240 rescued in sinking

INDONESIA Rescuers saved more than 240 people aboard a passenger ferry that sank yesterday in rough waters off Sumatra island, but 29 people have died and at least 17 others were missing, officials said. A second ferry ran aground nearby, but all its passengers were said to be safe. Indonesian ferry accidents have killed hundreds of people in recent years.

THE ASSOCIATED PRESS

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China.....2.9 ¢	Oman.....14.9 ¢	Trinidad.....4.9 ¢	U.A.E.....16.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢		
El Salvador.....9.9 ¢	Ghana.....9.9 ¢		
Jamaica.....8.9 ¢	Greece.....2.9 ¢		
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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Shine a light on energy savings

CleanBreak

Rochelle Owen



metronews.ca/cleanbreak

Retrofitting your lighting can be a good way to save money, reduce impacts on the environment, and improve light levels.

There are many types of lamp technology. Some common types include incandescent, fluorescent, and light emitting diodes (LEDs).

With incandescent lamps (common bulb), electricity passes through a filament, creating heat that creates light. This is why when you put your hand on an incandescent lamp it is extremely hot compared to a fluorescent or LED lamp.

A halogen lamp is an in-

candescent lamp sealed and filled with gas. Typically, halogen lamps are used in decorative lighting applications such as track lighting.

Fluorescent lamps are commonly used in businesses and institutions. Compact fluorescent bulbs are mini tubes spiralled into different bulb sizes. With fluorescent lighting, electricity stimulates mercury vapours to produce a visible light. Fluorescent technology is more energy

efficient than incandescent. For example, a 60-watt incandescent bulb is comparable in life and light to a 15-watt fluorescent.

LEDs create light through the movement of electrons in semiconducting material. LED lamps offer even longer life and high efficiency than fluorescent lamps. They currently have a higher capital cost and the light output tends to be smaller for a comparable bulb.

When purchasing lamps, I consider factors such as lamp life, watts (measure of energy consumption), lumen output (measure of light output), and colour temperature (measured in kelvin (K)).

A warm orange light is around 2,700 K and cooler bluer lights are higher numbers like 4,000 K. If you know the amount per kWh that you are paying, listed on your power bill, you can figure out the overall cost by factoring in

rated life and watts used.

When you factor this operating cost and the purchase cost you can see the difference. Generally, fluorescent lamps make more economic and energy sense than incandescent.

LEDs last the longest on the lowest watt. There is also the capital costs, the light level and dispersion to consider.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

Views

Squirrels can drive you nutty over the holidays

HineSight

Anne Hines



Today we begin a series on "Prepping for the holidays." First up, how to avoid those pesky "what-the-hell-was-I-thinking?" holiday moments. A what-the-hell-was-I-thinking? is anything that seemed like a good idea at the time, even though everyone else could see disaster coming a mile off.

What-the-hell-was-I-thinking's are common

around any major holiday. Suddenly, "holiday head" sets in and we find ourselves thinking, "Gosh, it would be fun to invite both sides of the family to dinner" in spite of what happened the last six years, or "I'm sure everyone will prefer a tofu turkey because it's kinder to animals."

There is a solution. You can avoid a what-the-hell-was-I-thinking? by following this simple plan.

Pause.

Now ask yourself one all-important question. "Is there any possible way that what I am planning to do could lead me to end up with an angry squirrel trapped in a metal garbage

can?" Perhaps I should explain.

A half-hour ago, I went into my backyard to feed the birds, accidentally leaving the lid off the metal garbage can that holds my birdseed. I came back onto the deck. A scuffling from the can. The black squirrel that rules my backyard was inside the can, munching seed. Instantly, I threw the lid on. "Hah!" I rejoiced. "I've trapped the nasty, evil squirrel in a can!" This was followed immediately by, "Oh my God. I've trapped the nasty, evil squirrel in a can!"

I now have three options. A) Remove the lid and possibly get my face chewed off. B) Never, ever remove

the lid and never be able to use the can, birdseed or possibly my deck ever again. Or C) Do what any sensible woman would do. Call my partner to come home from hockey practice and let the squirrel out of the can. She has a face mask.

So, before you issue invitations, plan a menu or even think about presents, ask whether squirrels, metal cans or hockey masks are likely to become involved in any way. And let's all have a what-the-hell-was-I-thinking? free holiday.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Going Green

EDITOR: KUMAR.SAHA@METRONEWS.CA

Rock the water

Web music project aims for cleaner shorelines

KUMAR SAHA
Metro Canada

Mark Mattson doesn't like a sign that says "don't swim, don't drink, don't fish" on a waterfront.

As the president of Lake Ontario Waterkeeper, Mattson has been leading a crusade against water pollution along with other grassroots Waterkeeper and Riverkeeper organizations across Canada for almost a decade. So, when the time came to step up the battle for cleaner shorelines and waterways, the choice for naming the latest salvo was clear.

"What we are really fighting for is public access

Getting involved

- Membership for Swim Drink Fish Music is \$10 per year. Visit swimdrinkfishmusic.com for more information.

to clean water — fish habitat, drinking water and recreation. So, we took off the 'don't' and that became sort of our model," Mattson, 47, tells Metro.

With some rock 'n' roll thrown in the mix, Swim Drink Fish Music (swimdrinkfishmusic.com) was born.

Launched in June this year, the online music and audio project brings together

activists, musicians and artists who care about clean water. The website features exclusive songs from iconic rockers such as The Tragically Hip's Gord Downie and Bruce Cockburn as well as indie artists like Stars and Apostle of Hustle.

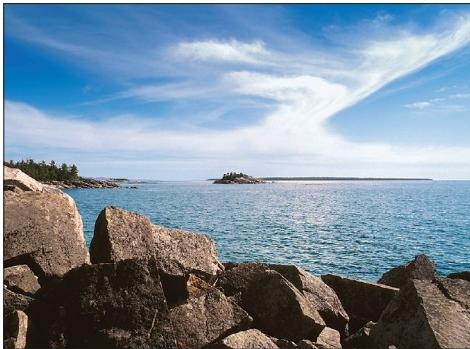
In fact, Downie, with a little help from alt-country rockers The Sadies, is Swim-DrinkFishMusic's featured artist for this month with a rousing rendition of Randy Newman's Louisiana 1927.

"As an environmental justice group, we are small and we need a lot of people, not just environmentalists involved. (We need) musicians ... lending their talents, singing songs,

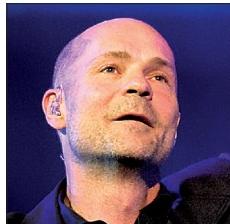


In the beginning ...

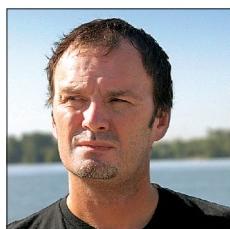
Greenpeace Canada has released Amchitka — a live CD of the 1970 Vancouver concert that launched Greenpeace. The album features performances by Canadian songstress Joni Mitchell, James Taylor and Phil Ochs. Visit amchitka-concert.com to buy the CD. METRO NEWS SERVICES



Swim Drink Fish Music is an online forum that brings together artists like The Tragically Hip's Gord Downie, top right, and activists like Mark Mattson, right, in the fight against water pollution.



TOM STARNEWS SERVICE



DANIELLE PHOTO

helping us with concerts.

People like Downie, (Canadian singer-songwriters) Sarah Harmer and Dave Bidini started understanding and getting to know the issues, being more than just creative inspirations.

"It just seemed like a natural way to not underrate their time and at the

same time not turn Lake Ontario Waterkeeper and the other groups into concert venues," says Mattson.

True to Mattson's words, there's a lot more to Swim Drink Fish Music than just hanging out at a virtual rock club. The online forum also sheds light on some of the burning issues

at hand in conventional ways — through radio shows and podcasts, including a Canadianized version of celebrity environmentalist Robert F. Kennedy Jr.'s Ring of Fire program.



Global pollution is up despite an economic slump thanks to China, a recent study shows.

China pushes pollution levels: Study

FIGURES Despite a global economic slump, worldwide carbon dioxide pollution jumped two per cent last year, most of it from China, new figures show.

Scientists were surprised because typically during a recession, pollution declines. But spurred by China's booming economy, global warming gas emissions worsened worldwide, according to study published online last week.

"The growth in emissions since 2000 is almost entirely driven by the growth in China," said study lead author Corinne Le Quere of the University of East Anglia. "It's China and India and all the developing countries together."

The numbers are from the U.S. Department of Energy's Oak Ridge National Laboratory and published in the journal *Nature Geoscience*. THE ASSOCIATED PRESS

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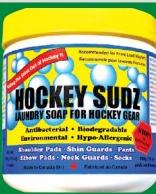
EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

TAKEOVER Hershey Co. may make a \$17-billion US bid for U.K. candy company Cadbury PLC, topping the recent \$16.5-billion hostile offer by Kraft Foods Inc., the Wall Street Journal reported Friday. The bid wouldn't be ready for two weeks and the terms are in flux, the newspaper said. But

people close to the deal said the charitable trust that controls the company and has complicated Hershey's merger efforts in the past is now prodiging CEO David West to beat Kraft's offer. The offer is expected to include at least \$10 billion in cash from Hershey.

THE ASSOCIATED PRESS



Hockey dads battle gear stink

Companies that buy grain may be getting more than they paid for. The Canadian Wheat Board, apparently for no reason, shared "sensitive information" about farmers with companies that buy and handle grain, says a newly released document. **THE CANADIAN PRESS**

Hydro deal worries

NB Power sale has business leaders concerned

The governor of Maine is worried about the proposed mega sale of NB Power to Hydro-Quebec and is eager to voice his concerns with Quebec Premier Jean Charest.

The prospect of Hydro-Quebec becoming a regional powerhouse following last month's \$4.75-billion deal has not only stoked fears in the office of Newfoundland and Labrador Premier Danny Williams, but also among politicians and business leaders in

Power hub?

- Quebec and New Brunswick are reportedly talking with Prince Edward Island about a possible 100-megawatt deal that would create a three-province "energy hub" in Eastern Canada.

New England.

In the tentative agreement, Hydro-Quebec would take over the majority of NB Power's assets — including transmission lines to Maine — and add

more than 370,000 customers to its base. The deal is expected to be finalized in March.

The proposal would not only give Hydro-Quebec more access to lucrative markets in the northeastern United States, it would also place the province in a strategic position to cut off its Maritime competitors — including those who have been eyeing their own energy-export opportunities to New England.

THE CANADIAN PRESS

Who's the 'fastest'?

Cellphone users are routinely hit with the buzz words "fastest" and "most reliable" when it comes to wireless networks.

So who has Canada's fastest wireless service? Is it Rogers, Bell or Telus?

Technology watchers say consumers will have a hard time telling the difference, despite the claims each network makes.

"Broadly speaking in a dense urban area ... you are going to tend to get about the same speed on each network," said technology analyst Duncan Stewart.

If all conditions are perfect — there is no rain, no one else is on the network and you have the latest device — you will get top speed, said Stewart, director of research and analysis at DSAM Consulting.

Nevertheless, Telus is suing Rogers in an attempt to force its competitor to abandon long-standing claims to having Canada's fastest and most reliable network.

Rogers has said it stands behind its claims.

THE CANADIAN PRESS

Banks heading for strong finish

BANKING Canada's biggest banks are expected to report a relatively strong finish to the financial year when they start reporting fourth-quarter earnings tomorrow, but their capital markets divisions could leave investors jittery about the future.

"It's going to be a good quarter, for sure, for capital markets, but there may be room for disappointment if people have overestimated just how good it's going to be," said Brad Smith, an analyst at Blackmont Capital.

Analysts will be closely monitoring the capital markets divisions, which have powered the last couple quarters and helped drive profits at the banks.



Analysts expect banks to report good earnings but are worried that people may have overestimated how good they would be.

An estimate by Genuity Capital Markets puts overall trading revenue in the Canadian banks up 125 per cent so far this year over last, which is worth about

\$5.5 billion. That compares to an increase in provisions for credit losses of 100 per cent, or \$3.6 billion.

THE CANADIAN PRESS

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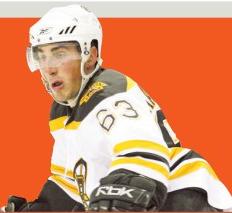
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Huskies hockey team drops overtime affair

The Saint Mary's Huskies fell 2-1 in overtime to the host P.E.I. Panthers in Atlantic University Sport men's hockey action last night. The fourth-place Huskies, 7-3-1, also lost 3-2 to the St. Francis Xavier X-Men on Saturday. METRO HALIFAX

Sports



Marchand headed back to AHL

Hammonds Plains native Brad Marchand saw his first career stint in the NHL come to an end after 12 games. Marchand, who had an assist and 18 penalty minutes with the Boston Bruins, was demoted to the American Hockey League's Providence Bruins on the weekend.

METRO HALIFAX

Unheralded hero

Walter flies under radar and snags MVP

MATTHEW WUEST
matthew.wuest@metronews.ca

Matt Walter and the Calgary Dinos' rushing attack poured salt in a wound opened by Erik Glavic and Blake Nill.

With the attention focused all week on the homecoming of Glavic and Nill to Huskies Stadium, the spotlight shifted on Saturday to Walter, who led a 426-yard ground assault as the Dinos marched to a 38-14 victory in the Uteck Bowl and punched their ticket to this weekend's Vanier Cup in Laval, Que.

"I was lovin' it — the more they talked about Glavic, the more they were putting a target on him," said Walter, who piled up 235 yards and two touchdowns on 20 carries and was named MVP.

"That just opens up the run game for me."

Glavic, who starred for Saint Mary's in 2007 and won the Hec Crighton as national player of the year, was playing his first game in Halifax since defecting to Calgary in January. He left to join Nill, the Dinos'



Calgary Dinos quarterback Erik Glavic pumps his fist as he walks on the field to celebrate a Uteck Bowl victory over his former team, the Saint Mary's Huskies, on Saturday at Huskies Stadium.

head coach who resigned from Saint Mary's in 2006 after winning two Vanier Cups.

Both were lightly booed by the home crowd of 5,735, but Glavic was little more than a decoy, finishing with just 77 passing yards and a touchdown and 25 yards rushing.

"I had a feeling that was gonna happen," Glavic said.

"They might have game-planned too much around me and might have forgot

about Matt.

"He's one of the best if not the best back in the (country) and he showed that today."

The Dinos came out flying, sucking the life out of Huskies Stadium when Walter ripped off a 69-yard touchdown run to put them up 19-0 after the first quarter.

The Huskies narrowed the gap to 29-14 at half-time courtesy of a one-yard touchdown run from Devon Jones and an eight-

yard touchdown reception from Jahmeek Murray, but simply couldn't get big plays on either side of the ball.

"We led the country in rushing and there was all the talk about Glavic ... But we thought, 'They can take him out of the game, we'll go to our strength,'" Nill said.

Calgary will face the Queen's Golden Gaels in the Vanier Cup. Queen's upset Laval 33-30 in the Mitchell Bowl.

Gordon suits up for Capitals

NHL Porters Lake's Andrew Gordon suited up for the Washington Capitals in his second career NHL game on Saturday in a 2-1 road loss to the Toronto Maple Leafs.

Gordon played 6:23 but didn't play in the third period.

METRO HALIFAX

Sports in brief

AUS BASKETBALL The Saint Mary's Huskies split a pair of road games against the Memorial Sea-Hawks on the weekend and have a 4-2 record, tied for second in Atlantic University Sport men's basketball. The Dalhousie Tigers, 3-1, lost 83-71 to the St. Francis Xavier X-Men at Dalplex yesterday.

METRO HALIFAX

Mooseheads lose Corbeil during tough weekend

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY The road wasn't kind to the Halifax Mooseheads on the weekend.

The Mooseheads, who left Nova Scotia on a season-high four-game winning streak, collected just one of a possible six points in Quebec as they dropped three games, including yesterday's 6-1 setback to the Victoriaville Tigres.

They also lost 5-3 to the Drummondville Voltigeurs on Saturday and 4-3 in a shootout to the Montreal Juniors.

"The first two games we played really well," said Mooseheads head coach Cam Russell.

"Our players worked ex-



An injury to his finger forced Mathieu Corbeil out of the lineup yesterday.

tremely hard and we had a lot of good scoring chances.

"Today we just ran into a very good veteran hockey team that didn't play last night and they took advan-

tage of that. They had more jump and more skill to go with it."

Travis Randell had Halifax's only goal yesterday late in the second period but Victoriaville was already up 4-0.

Red-hot starting goalie Mathieu Corbeil stopped 68 of 74 shots in the first two losses.

He injured the pinky finger on his trapper hand on Friday and played through the pain Saturday, but was forced out of the lineup yesterday. Joel Grondin made his first start in seven games and allowed six goals on 25 shots.

It's not clear whether Corbeil's finger is broken but Russell said the 18-year-old will be evaluated tomorrow.

Huskies' mistakes leave bitter taste after Uteck Bowl defeat

WRONG END The Saint Mary's Huskies quickly unravelled in Saturday's Uteck Bowl and it all started with a key injury.

The Huskies lost all-Canadian defensive lineman Dan Schutte to a calf injury on the first series, a crippling blow against the Calgary Dinos' high-powered offence that led the nation in rushing.

"We made some good plays, then we'd make a mistake and we'd get thrown off."

Jack Creighton, QB

said Creighton, who was intercepted just four times in the previous eight weeks.

"They have a really good offence and they countered our mistakes."

Sumarah said there was a level of frustration on the sidelines as things went from bad to worse. But the team downplayed the significance of Erik Glavic returning to Huskies Stadium with Blake Nill and dismantling his former team.

"He's just a part of Calgary ... It's not Glavic, it's not personal," said tailback Devon Jones. "He made his decision. He's not a part of my life anymore and I could care less."

MATTHEW WUEST/METRO HALIFAX

Dacey captures curling championship

MIXED CURLING Mayflower's Mark Dacey captured his second Canadian mixed curling championship on Saturday with a 7-5 win over Ontario's Mark Bice in Burlington, Ont.

Dacey will represent

Canada at the world mixed doubles championship from April 16 to 24 in Chelyabinsk, Russia, along with his wife, Heather Smith-Dacey, Jill Mouzar and Andrew Gibson.

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At long last, Montreal appears ready to enter MLS

It's Called Football



Ben Rycroft

metronews.ca/itscalledfootball

t's a little like breaking the news that the sun will rise today or, perhaps, that politicians are corrupt. It's expected and, frankly, when it happens, no one is really all that surprised. So when I got a call Thursday from a source to tell me the Montreal Impact had reached an agreement with MLS to join the league, my reaction was, "Well, that makes sense."

President Joey Saputo and the Impact have been dancing with the MLS for months. It was less a tango and more like a Grade 8 prom — lots of stumbling and plenty of awkwardness.

Montreal could have closed this deal in 2008 if not for financial commitment issues from its partners, but now it appears the deal is done and Montreal will be joining MLS in 2012. Three independent sources have confirmed that Montreal has agreed on the \$35-million US expansion fee and the team

will be announced this March.

Meanwhile, the Impact are still waiting on an announcement from the Quebec government, who they are counting on for a \$25-million boost to renovate Saputo Stadium, where the Impact play.

The Liberals, the controlling party there, have been frozen for months, worried over how the public would view funding a soccer stadium in the midst of a recession.

But, according to sources, that concern, much like the recession, is starting to thaw. The

province, a longtime sponsor of the team through its Hydro-Quebec arm, is prepared to commit funding to the stadium.

After accepting an invitation to attend the MLS Cup festivities, Saputo spent the past weekend in Seattle, meeting with league officials to finalize the deal.

The Impact will pay less than the original \$40-million US asking price but will enter the league a year after Vancouver and will be faced with a myriad of domestic player issues as they wade into the shallow Canadian player pool.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

"It appears the deal is done and Montreal will be joining MLS in 2012."

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Baltimore Ravens safety Ed Reed fumbles the ball on a punt return in the closing minute of an NFL game against the Indianapolis Colts yesterday. The Colts won 17-15.

Colts stay undefeated

NFL

Colts 17 Ravens 15



The undefeated Indianapolis Colts found yet another way to win a close game, their 19th straight victory.

The 17-15 win secured

on former Ravens kicker Matt Stover's go-ahead field goal gave Indianapolis (10-0), the second-longest streak in NFL history behind a 21-game run by the New England Patriots (2006-08). Indy received an inspired performance from the defence and overcame an uncharacteristic three turnovers.

Much to the dismay of the Ravens and their fans,

Stover booted the decisive field goal with 7:02 left. Colts linebacker Gary Brackett then intercepted Joe Flacco's pass at the Indianapolis 13 with 2:42 remaining, and the Colts kept the ball until the closing seconds.

Baltimore's last gasp ended when Ed Reed fumbled on a punt return with 17 seconds left.

THE ASSOCIATED PRESS

Sports in brief

ICE DANCING Canadian ice dancers Tessa Virtue and Scott Moir skated a world's best performance to capture gold yesterday at HomeSense Skate Canada International, a solid ending to an up-and-down week for the Canadian team less than three months before the Vancouver Olympics.

NHL The banged-up Detroit

Red Wings have lost defenceman Niklas Kronwall for at least a month with a sprained ligament in his left knee. The team announced yesterday that Kronwall will be out four to eight weeks. Kronwall had a leg-on-leg, open-ice collision with Montreal enforcer Georges Laraque on Saturday.

SOCER Jermaine Defoe scored five goals as Tottenham overcame Wigan 9-1 yesterday while Blackburn ended a run of five straight away defeats with a 2-0 victory at Bolton. Tottenham is now even on points with third-place Arsenal, and behind Chelsea and Manchester United.

METRO NEWS SERVICES

The win will earn Saskatchewan its eighth Grey Cup appearance since 1948, when the Regina Roughriders became a provincially owned and operated club. Saskatchewan will get its second title shot in three years (the Riders beat Winnipeg in the '07 title game) and its first-ever championship meeting with Montreal.

THE CANADIAN PRESS

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Atlanta 20 10 6 3 71 61 23

N.Y. Rangers 22 11 10 1 65 61 23

Montreal 23 11 9 1 57 66 23

N.Y. Islanders 23 8 8 7 63 71 23

Florida 23 10 9 2 60 69 22

Carolina 22 5 12 5 53 81 15

Toronto 21 24 11 6 54 78 14

Chicago 23 5 15 6 58 62 36

d-Chicago 21 14 5 14 69 49 30

d-Calgary 23 13 7 3 67 67 29

Calgary 23 13 6 2 67 59 28

Los Angeles 23 13 9 2 73 75 28

Columbus 21 12 10 3 65 70 27

Phoenix 23 13 9 5 55 53 27

Detroit 21 11 6 4 67 61 26

Dallas 22 10 6 6 68 65 26

Nashville 22 12 8 1 60 56 25

Vancouver 22 10 0 6 67 59 24

Edmonton 23 9 11 3 68 75 21

St. Louis 20 8 8 4 48 50 20

Minnesota 22 8 12 2 54 68 18

Atlanta 21 7 11 3 60 73 17

SATURDAY'S RESULTS

Calgary 5 Los Angeles 2 Ottawa 5 Buffalo 3 Toronto 2 Washington 1 (SO)

Chicago 5 Edmonton 2
Detroit 3 Montreal 2 (SO)

7 3 0 .700 251.157

6 4 0 .600 231.184

5 5 0 .500 237.171

1 9 0 .100 115.263

NORTH

Cincinnati 7 Pittsburgh 6 Baltimore 5 Cleveland 4

W L T Pct PF PA

7 3 0 .700 251.157

6 4 0 .600 231.184

5 5 0 .500 237.171

1 9 0 .100 115.263

WEST

San Diego 7 Denver 6 Kansas City 3 Oakland 2

W L T Pct PF PA

7 3 0 .700 269.205

6 4 0 .600 210.183

3 7 0 .300 169.239

3 7 0 .300 108.234

SATURDAY'S RESULTS

Dallas 7 Washington 6 Detroit 38 Cleveland 37

W L T Pct PF PA

7 3 0 .700 271.240

6 4 0 .600 269.205

5 6 0 .500 238.222

3 7 0 .300 108.234

EAST

Dallas 7 NY Giants 6 Philadelphia 5 Washington 4

W L T Pct PF PA

7 3 0 .700 231.175

6 4 0 .600 266.235

5 4 0 .556 242.184

3 7 0 .300 146.178

NFC

Dallas 7 NY Giants 6 Philadelphia 5 Washington 4

W L T Pct PF PA

7 3 0 .700 231.175

6 4 0 .600 266.235

5 4 0 .556 242.184

3 7 0 .300 146.178

SOUTH

New Orleans 10 Atlanta 9 Carolina 8 Tampa Bay 7

W L T Pct PF PA

10 0 .0 1.000 369.204

5 5 0 .500 292.228

4 6 0 .400 193.339

1 9 0 .100 104.294

NORTH

Minneapolis 9 Green Bay 6 Chicago 5 Detroit 2

W L T Pct PF PA

9 1 0 .900 306.193

6 4 0 .600 262.203

4 5 0 .444 186.201

2 8 0 .200 181.301

SOUTH

Indianapolis 7 Jacksonville 6 Houston 5 Tennessee 3

W L T Pct PF PA

7 3 0 .700 260.157

6 4 0 .600 199.235

5 4 0 .556 215.188

3 6 0 .333 189.255

WEST

Arizona 7 San Francisco 6

W L T Pct PF PA

7 3 0 .700 250.197

4 6 0 .400 208.210

3 6 0 .300 208.210

SATURDAY'S RESULTS

Louisville 2 Tottenham 1 Stoke 1

W L Pct GB

10 0 .4714 -

8 6 .571 2½

5 6 .455 4

6 6 .8429 4½

5 6 .9308 6

W L Pct GB

Dallas 10 3 .769 -

Houston 8 6 .567 2½

San Antonio 5 6 .455 4

New Orleans 6 6 .8429 4½

Memphis 5 6 .9308 6

W L Pct GB

NORTHWEST DIVISION

W L Pct GB

Dallas 10 3 .769 -

Houston 8 6 .567 2½

Oklahoma City 7 6 .538 2

Utah 7 6 .538 2

Minnesota 1 1 .12.077 8

W L Pct GB

PACIFIC DIVISION

W L Pct GB

Phoenix 5 6 .375 -

L.A. Lakers 5 6 .571 2½

Sacramento 5 6 .7417 4½

LA Clippers 5 6 .9357 5½

Golden State 4 6 .8333 5½

W L Pct GB

YESTERDAY'S RESULTS

Orlando 10 Toronto 96

Boston 10 New York 88

Charlotte 10 Indiana 88

Miami 10 New Orleans 101

Phoenix 117 Detroit 91

<p

Alberta goes back on plan to cap post-secondary tuition

Three years after the Alberta government announced it was capping post-secondary tuition rates for up to 10 years to ease the burden on students, the province is allowing cash-strapped institutions to apply for increases in 2010-11. **METRO NEWS SERVICES**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Health before wealth

New study finds Canadians putting personal life first

RAFAEL BRUSILOW
for Metro Canada

Canadians are more interested in leading fulfilling lives than they are in monetary or career success, a new study shows.

The study, conducted by market research firm Angus Reid, found that more than three quarters of Canadians (77 per cent) are focused more on their personal life experiences than their careers.

The study also found that when asked to prioritize different aspects of their lives, nearly half of Canadians (45 per cent) said that time with family and friends is most important to them, followed by a healthy lifestyle (17 per cent) and rich life experiences (15 per cent), with monetary (nine per cent) and career success (seven per cent) much less important to Canadians on average.

Jeremy Gutsche from Trendhunter.com, a magazine that tracks and reports on cultural trends, says life-fulfillment is proving to be a powerful career force for many Canadians.

"There are a lot of situations where people are seeking out fuller experiences. People want to enrich themselves, even if it means taking a pay cut," Gutsche said.

Thirty-seven per cent of respondents in the study also said the economic recession has made them re-



The study shows that Canadians are choosing to enrich their lifestyles, even if it means taking a pay cut.

evaluate what is important to them, less than 10 per cent said making more money or finding greater career success is their main priority in life at the present.

In tougher economic times, Gutsche says people are more likely to reconsider their life priorities as people around them lose their jobs and start up new careers.

METRO NEWS SERVICES

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Co-eds binge more?

A new study published in the Journal of American College Health suggests that students living in coeducational housing are much more likely to engage in binge drinking than those in all-male or all-female housing.

METRO NEWS SERVICES

Ontario heavily investing in research

FUNDING The Ontario government announced this week it is investing \$33 million to support over 300 McMaster University researchers involved in health, digital media, and clean energy research projects.

The funding will support the development of sophisticated new biomaterials and devices, the production of a new generation of advanced solar cells that capture and convert much more of the sun's rays, and

\$33M

The Ontario government has promised \$33 million to McMaster University as part of its province wide investment in researchers and their projects.

the prevention and treatment of acute intestinal infections.

The investment is part of a \$268-million Ontario-

wide investment that will support 214 projects and over 3,300 researchers in 14 cities.

In Hamilton, Ontario is supporting world-class clean energy research projects to help spark new, renewable energy options and clean power for families and create high-value jobs in Hamilton.

The Ontario government is also investing \$26 million in a digital innovation "hub" in Kitchener Ont..

METRO NEWS SERVICE

ROYAL LEPAGE ATLANTIC

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Royal LePage Atlantic Offices
7075 Bayers Rd



We're Recruiting

Northwood is hiring for our new 150-bed long-term care facility in West Bedford. Set to open in Spring of 2010, this building offers a new approach to care. It's also ideal for those in the surrounding community to work closer to home. Positions we're hiring for are:

- > Corporate Director, In Care Living
- > Manager, Support Services
- > Manager, Property Maintenance
- > First Cooks
- > Food Service Workers

For more detailed descriptions please contact us by phone at (902) 454-3369, hr@nwood.ns.ca or online at www.nwood.ns.ca

NORTHWOOD
wellness and caring,
together

12 workology

The union representing McMaster University teaching and research assistants returning to work after a strike says the university is punishing them by reducing their first-term hours by eight per cent. McMaster says the union and the institution negotiated the return-to-work agreement. METRO NEWS SERVICES

News in brief

EDUCATION If Canada's colleges, institutes, and polytechnics are to keep pace with its international competitors, the federal government must quickly ramp up its support for these institutions, says Association of Canadian Community Colleges president James Knight. While the ACCC praises Ottawa for implementing the Knowledge Infrastructure Program, the program falls short of the estimated \$7 billion re-

quired to modernize and expand Canada's colleges, institutes, and polytechnics. In terms of capital investment, ACCC calls for a 5-year program that would make \$2.5 billion available to leverage matching provincial, private sector, and institutional investments. The association also recommends Ottawa increase its current research and development funding by \$150 million.

METRO NEWS SERVICES

HALIFAX REGIONAL MUNICIPALITY

Halifax Regional Municipality is reviewing its municipal, recreation, sport and leisure buildings and services on Peninsular Halifax.

This is a process to discuss current and future needs recommended by the Community Facility Master Plan.

Please join us at one of the following meetings.

YOUR FEEDBACK IS IMPORTANT!

Public Meeting Dates and Times:

November 23, 2009 from 7:00 pm to 8:30 pm
Needham Centre/Pool
3372 Devonshire Avenue, Halifax

November 25, 2009 from 7:00 pm to 8:30 pm
St. Andrew's Centre - Seniors Room
6955 Bayers Road, Halifax

November 26, 2009 from 7:00 pm to 8:30 pm
Halifax Forum - Multi Purpose Centre
6210 Young Street, Halifax

For further information contact:
Community Development 902-490-4833

Keeping them puzzled

How one of Canada's prominent crossword creators climbed to the top

OddJobs

Diane Peters

Metronews.ca/oddjobs

Talk about your late bloomer: one of Canada's foremost crossword writers only started doing crossword puzzles in her 50s.

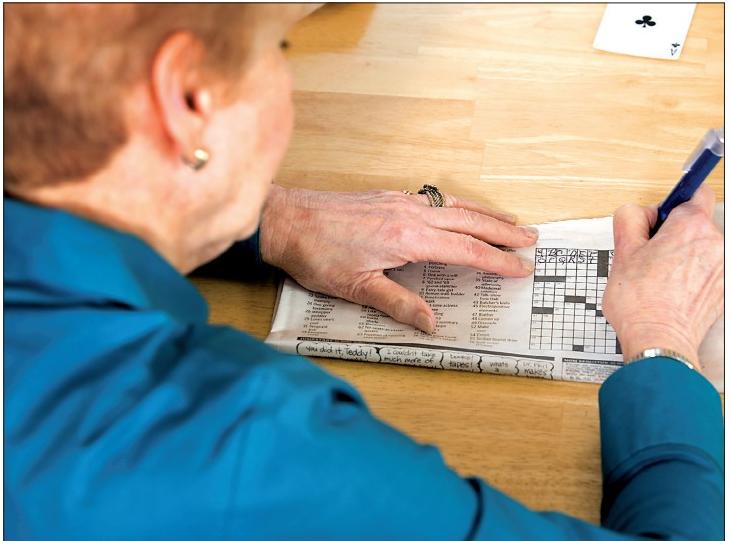
"I always loved words and had a big vocabulary and was a big reader from an early age," says Kathleen Hamilton, now 67. The Montrealer was born in Saskatchewan and majored in French at the University of Saskatchewan. She ended up in Toronto, where she lived for 20 years, working as an editor.

But around the time she got into puzzles, chronic fatigue syndrome made working full-time a challenge. So she moved out to Victoria in 1997 to become a freelance writer.

Not long after the move, she read an article about how to write your own crosswords. Hamilton grabbed a piece of paper and gave it a try.

"I loved it. It was so engrossing, it was wonderful."

She bought crossword-making software and de-



Kathleen Hamilton's crosswords challenge and entertain Canadians across the country everyday.

cided to produce four pamphlets of puzzles a year.

Realizing this plan would take far too much work, Hamilton soon created a larger annual book, put a big maple leaf on the cover, and hauled it to Toronto for the fall 1998 Word on the Street book and magazines fair.

When the publisher of the Toronto Star, John Honderich, walked by, she gave him a book. The following February, the Star called — readers were demanding more Canadian content in their puzzles.

Hamilton's North of 49 puzzle has been running on Saturdays ever since. It's now syndicated and appears in papers across the country.

One week a month, she creates a batch of four new puzzles to run in the newspaper.

Hamilton starts by creating four different word lists of 100 words each. She tries to make most of the long words Canadian.

She selects some grids and lets her computer program generate several possible puzzles for each list.

She picks the ones that look the best, then it's on to the task of creating clues.

Armed with a dictionary, she writes clues that are accurate and fun without being too hard or abstract. She keeps a record of all the clues she's written — she now has thousands — so she can reuse an old one if she likes, but avoids repeating them too often.

She then looks over the crossword to make sure it's entertaining and not too hard, and double checks for mistakes.

When she's not crossword creating, Hamilton works on her business — she's currently self-publishing an annual collection — or spends time with her grandson.

Does she still love puzzles? She's actually tired of regular crosswords: she's now into Sudoku and cryptic crosswords.

Superintendents Wanted (Resident Managers)

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Killam Properties Inc. (TSX:KMP) is a leading real estate company based in Halifax, Nova Scotia and is the largest owner and manager of multi-family residential rental properties and manufactured home communities in Atlantic Canada.

We currently have opportunities available on our team for customer focused, energetic Resident Managers and Resident Manager Couples throughout the HRM.

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- Experience in cleaning and light maintenance

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Fax (902) 442-5325
careers@killamproperties.com



All qualified applicants will be considered, however, only those selected for an interview will be contacted. www.killamproperties.com

The Lowdown

Job title: Crossword creator
Salary: "It's my sole source of income."
Education/training: A knowledge of puzzles and editing skills

Best Part of the Job: "I like working with words and I like the fact that people enjoy doing my crosswords."
Worst Part of the Job: Sometimes it's tedious. The pressure of deadlines."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



We're Recruiting

Northwood is hiring for our new 150-bed long-term care facility in West Bedford. Set to open in Spring of 2010, this building offers a new approach to care. It's also ideal for those in the surrounding community to work closer to home. Positions we're hiring for are:

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- > Manager, Support Services
- > Manager, Property Maintenance
- > First Cooks
- > Food Service Workers

For more detailed descriptions please contact us by phone at (902) 454-3369, hr@nwood.ns.ca or online at www.nwood.ns.ca



Cyrus saddened by driver's death

After one of Miley Cyrus' tour buses crashed on the weekend, leaving the driver dead, the Cyrus family wrote a message on her website, expressing their condolences. "We are deeply saddened by the loss of Bill 'Uncle Bill' Douglas," the message read. POPEATER.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Close shave

Demi Moore is defending a photo of herself on the latest cover of W, insisting on Twitter that the image was not altered, even though a piece of her hip appears to have been shaved off. [METRO WORLD NEWS](#)



The Road warrior

Viggo Mortensen throws himself into post-apocalyptic role

NED EHRBAR
for Metro Canada

Listening to Viggo Mortensen describe production on his latest film, the big-screen adaptation of Cormac McCarthy's Pulitzer Prize-winning novel *The Road*, you'd think he's been through the post-apocalyptic events of the book himself.

"At the end, there was a sense of satisfaction in having gotten through it OK," he says. "If the movie turns out well, then fine. But the actual experience was intense."

The movie indeed turned out well, with Mortensen

already garnering Oscar buzz for his portrayal of an unnamed father navigating the ravaged, cannibal-lurking highways of the U.S. after an unnamed disaster, trying to keep his young son (newcomer Kodi Smit-McPhee) safe. But it was a role the actor wasn't originally interested in taking on.

"I was reluctant," he admits. "I initially said, 'I don't think so.' I said to my agent, 'I can't. I'm really worn out. I won't be focused.' And then I looked at the story and I thought, 'Well, being worn out? That works.'"

Once he'd signed on, Mortensen threw himself

into his usual process for preparing for a role.

"I tried to do things that I thought would be helpful, like listening to certain kinds of music, watching certain kinds of movies to get me in a certain state where I could go to those places that the character demanded emotionally," he says.

But the usual techniques didn't work for this project, Mortensen found. "It was very different than any other role in the sense of how much I had to throw away. It's about being naked emotionally and just being

honest about it," he says.

Production on the film took them out into the wilds of Pennsylvania, Oregon and Louisiana, exposing cast and crew to the elements. Mortensen

says it was that aspect that really pushed his performance to where it needed to be.

"As much as we didn't like it, the fact that we were so cold and we were wet all the time and tired actually helped us," he says. "Let's say it hadn't been a relatively low-budget movie and it had been shot with green screen. It

The Road opens in theatres on Friday.



Viggo Mortensen and Kodi Smit-McPhee star in *The Road*, based on Cormac McCarthy's novel.

just wouldn't have been the same. It forced us to places emotionally."

One scene stood out above the others for Mortensen, as far as surviving the elements goes: Late in the film, his character has to swim out to a wrecked ship to scavenge, racing completely naked into the churning surf.

"It was cold," Mortensen

remembers. "Very cold. I asked for another take, but they didn't want me to. They were terrified. They had ambulances standing by. The water was about 41 F, and the air temperature was the same.

"I just sat in the ambulance in a bathrobe and said, 'Just tell me when you're rolling. I'm just going to run out and go.'

101.3 THE BOUNCE Interactive NINE@9

Weekdays @ 9pm

For November 20th

Belly Ft Snoop - Hot Girl

Down With Webster - Rich Girl\$

Chris Brown Ft Lil Wayne - I Can Transform Ya

Owl City - Fireflies

Jay Sean - Down

David Guetta Ft Akon - Sexy Chick

IYAZ - Replay

Britney Spears - 3

Ke\$ha - Tik Tok

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 kidcraig@1013thebounce.com

	H	A	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/23/09					31 31 ABC News Center 5	ABC Wld News Inside Edition	Chronicle	Dancing With the Stars (HDTV) (Live)	Find My Family	Castle			
	7 7 ASN	The Road to Avonlea	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV)	Two/Half Men	Big Bang Th	Castle					
	11 11 CBC	Wheel-Fortune	Jeopardy! (N)	Ron James Little Mosque	Just for Laughs (N)	CBC News: The National	The Hour						
	2 2 2 CFC-P	Pyramide (SC)	La force Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Ici Louis-José Houde (SC)	Le Téléjournal						
	32 32 CBS	WBZ News (N)	Evening News	Wheel-Fortune Jeopardy! (N)	How I Met Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (N)					
	69 69 CFTM	TVA nouvelles	Le Cercle (SC)	La Classe de Se (N) (SC)	Yamaska (HDTV) (N) (SC)	Lance et compte	TVA nouvelles						
	6 6 6 CIFT	Entertainment ET Canada	Heroes (HDTV)	House (HDTV) (N)	(10:01) Lie to Me (N)	News Final (N)							
	9 9 9 CJCH	etalk	Hollywood	CSI: Miami "Kill Clause"	Dancing With the Stars (HDTV) (Live)	TBA	CTV News						
	10 10 10 ELTV	Face to Face	Fishing	Sportsland (Live)	Face to Face	Sportsland	Community Matters						
	36 36 36 FOX	Seinfeld	The Simpsons	Two/Half Men	House (HDTV) (N)	(10:01) Lie to Me (N)	Fox First						
	12 12 12 NBC	News (N)	NBC News	Hollywood Extra (N)	Heroes "Thanksgiving"	Trauma "Thank You" (N)	Jay Leno Show						
	29 29 29 NW	(6) Power & Politics	Connect Today's biggest stories. (N)	Antiques Roadshow (N)	CBS News: The National	Cancer							
	4 4 4 PBS-B	NewsHour With Jim Lehrer	Boston	Chronicles	American Experience	Elbert Hubbard							
	35 35 35 PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow (N)	Red Grange							
	68 68 68 TQS	Guerre clame	Wipe Out	La Maison de Rire et délice	Le Mentaliste (SC)	Wipe Out							
	23 96 96 BNN	Business News	Headline	Market Call Tonight	MoneyTalk	Squeeze Play	Business News						
	18 18 CNN	Situation Room-Wolf Blitzer	CNN Tonight	Campbell Brown (N)	Larry King Live (N)	Cooper 360							
	54 54 54 GOLF	Golf Central	Top 10 Ultimate Matches	Top 10	Big Break Disney Golf (HDTV)	Lessons							
	52 52 52 RSE	Connected W-Prime Time	Overtime	NHL Hockey Washington Capitals at Ottawa Senators. (HDTV) (Live)	Sportsnet Con.								
	55 55 55 SCOR	HSR	Covers Experts	RaceNight	(10:15) WWE Monday Night Raw								
	45 45 45 SPD	Unique Whips	Pass Time	NASCAR Hub	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions					
	53 53 TSN	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	NFL Football Tennessee Titans at Houston Texans.							
	43 43 43 FAM	Han. Montana	Wizards-Place	Sonny Chance Zack & Cody	OVERRULED!	Han. Montana Wizards-Place	Latest Buzz Ned's School						
	44 44 44 TOON	Jimmy Two Johnny Test	Scroobie-Doo	Total Drama	6TEEN	Futurama King of the Hill American Dad							
	26 26 26 TREE	Timmy Time	3rd and Bird	Backyardigans Nght Grdn	Max & Ruby Franklin	Little Bear Bucket-Dinos Babar							
	27 27 27 YTV	iCarly	True Jackson Drake & Josh	That's-Weird Malcolm-Mid. Hates Chris	8 Simple Rules What I Like	Family Biz Hoarders							
	16 16 16 A&E	The First 48 (HDTV)	Criminal Minds (HDTV)	Intervention "Anthony"	Intervention "Allison"	Hoarders							
	70 70 70 APTN	APTN National News (N)	Parler-Survive	Makusham	Neote People (Part 1 of 2)	Aventures dans le Grand Nord ** (1994)							
	50 50 50 BET	106 & Park: BET's Top 10 Live		The Unit	The Unit	The Unit							
	37 37 37 BRVO	Wind at My Back	Bone	Symphonic Landscapes Kent Nagano.	Beethoven's Hair (2005)								
	25 25 25 CMT	Unstable	Funniest Home Videos	Reba	Reba	According-Jim	According-Jim	Home Improve.					
	49 49 49 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas Name Is Earl	The Simpsons South Park	Comfortably						
	153 153 COURT	W-FIVE	Struggle for Justice	Cops Uncut	Dumb Criminal	Missing Link	Justice						
	38 38 38 DISC	Canada's Worst Driver	Daily Planet (N)	MythBusters	Dirty Jobs (N)	Worst Driver							
	34 48 48 HGTV	Extreme Makeover: Home	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N) My First Place	House Hunters					
	46 46 46 HIST	Battlefield Mysteries	Battlefield Mysteries	Patton 360	Battles BC (N)	Generation Kill							
	17 17 17 MN	Video on Trial	Video on Trial	Degrassi: TNG	Degrassi: TNG	So You Think You Can Dance Canada							
	19 19 19 MMM	mmltop10.ca	The Daily Fix	Ranked!	Fabulous Life Of...	Entourage							
	201 201 201 M1	(6) The Curious Case of Benjamin Button (2008)		Sanctuary	Dexter "Hungry Man"	California							
	48 23 23 OLNR	Mantracker	Ghost Hunters International	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters						
	51 51 51 PEACH	The Office	Name Is Earl	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Set It Off					
	206 206 206 PIX	(6:40) Coogans Bluff	(8:15) Last Night *** (1998, Comedy-Drama)			Memento *** (2000, Suspense)							
	67 67 67 RDI	RDI économie	24 Heures en minutes	Grands reportages (SC)	Le Téléjournal (SC)		RDI économie						
	39 39 39 SHOW	Trailer Park	The Outer Limits	Lethal Obsession (2007, Suspense) (HDTV)	Kellie Martin.	Bones							
	40 40 40 SLICE	Skin Deep	Rich Bride, Poor Bride	Last 10	10 Pounds	Instant Beauty Pageant	Plastic-Perfect						
	47 47 47 SPACE	Stargate SG-1	Stargate Atlantis (DVS)	Star Trek: Voyager		Sea Ghost (2004, Horror) (DVS)							
	14 14 14 SPIKE	Ways to Die	I Bet You Will	CSI: Crime Scene Invstgn.	CSI: Crime Scene Invstgn.	Ways to Die Disorderly Conduct: Video							
	57 98 98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ (N)	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show					
	21 21 21 TLC	Jon & Kate Plus 8	Jon & Kate Plus 8	Kate: Her Story (HDTV)	Jon & Kate Plus 8 (N)	Cake Boss (N)							
	56 34 34 TROP	Carlawood	Raymond	The Outer Limits	ET Canada Comeback	Family Guy							
	20 20 20 TV5	Que-champion	Journal de Fr 2	Vie privée, vie publique	Apocalypse	Forces Speciales	Musées						
	28 28 28 V	Doc	Murder, She Wrote	My Husband	Summer Wine	Science of the Soul (N)							
	60 97 97 VIVA	Da Vinci's Inquest	Cold Case "Volunteers"	Friends	Friends	Science of the Soul (N)							
	22 22 22 W	House-Sell	Confidential	Old Christine	Friends	Friends	Science of the Soul (N)						
	251 251 251 WGN	WGN Evening News	Two/Half Men	Family Guy	One Tree Hill (HDTV)	Gossip Girl (HDTV)	Basketball						

critics' corner

Little Mosque on the Prairie
It's the battle of the dueling public relations campaigns in this new episode. Thorne (Brandon Routh) wants the church to have a higher profile in the community, so he asks Sarah (Sheila McCarthy) to help. Not to be outdone, Amaar (Zaib Shaikh) enlists Nate's (Jeff White) help in boosting the mosque's image. 8:30 PM on CBC



Just for Laughs
Ed Byrne? Isn't he the guy from "77 Sunset Strip"? Nope, this guy wasn't even born when Ed "Kookie" Byrnes was TV's most famous faux-hipster. He's a sharp young comic from Ireland whose observations on class, pop culture and more left 'em laughing in Montreal last summer. This new episode also features comedy from two ladies who have also made their marks as actresses and smaller ones as talk show hosts: Whoopi Goldberg and Caroline Rhea. 9 PM on CBC

Science of the Soul
Is there such a thing as the soul? That's the question filmmaker Simcha Jacobovici seeks to answer in this new documentary. Viewers are free to reach their own conclusion, but what Jacobovici finds is fascinating, including a scientist trying to replicate himself and a combination of hallucinogenic plants that sends everyone — regardless of background — to the same "place." 10 PM on V

14 entertainment

Celebrity Buzz

Ungaro eager to fire Lohan?

A FLOP OF A COLLECTION Ungaro's chairman is desperate to axe Lindsay Lohan's contract with the label, femalefirst.co.uk reports.

The Mean Girls actress' debut collection for the French fashion house was a critical flop and her continued association with the brand has caused a row with chairman Asim Abdullah and CEO Mounir Moufarrige.

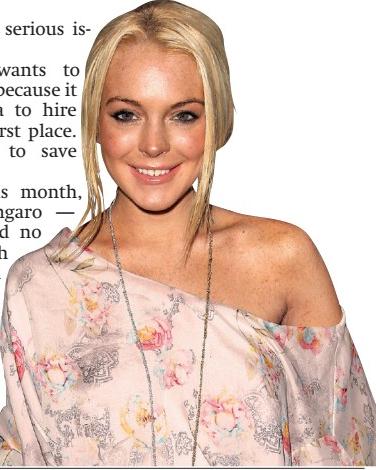
A source told the New York Post: "Asim wants her out now. Department stores in the States have already told him they won't be picking up the line if Lohan remains a collabora-

tor, so it's a serious issue.

"Mounir wants to keep her on because it was his idea to hire her in the first place. He's trying to save face."

Earlier this month, Emanuel Ungaro — who has had no contact with the fashion house since his 2005 departure — blasted Lohan's collection.

METRO NEWS SERVICES



Diddy throws himself an all-star b-day bash

SPLURGING ON THE BIG 4-0

Sean (Diddy) Combs knows how to party. The producer threw himself a lavish 40th birthday party in New York, spending a whopping \$3 million US on the bash, according to Page Six.

The money went toward creating a Garden of Eden theme in a suite at the Plaza with a \$30,000 orchid display, a specially installed black dance floor and black chandelier, a

silver confetti drop and a performance by Al Green.

The all-star guest list included Bono, Jay-Z and Martha Stewart, and security was so tight that Twilight star Kellan Lutz had to sweet-talk his way into the VIP area.

METRO WORLD NEWS

Celebrity tweets

Lance Armstrong is having trouble making decisions, Pete Wentz goes to his fans for grooming advice, Sherri Shepherd thinks her plane landed safely because her Twitter followers said so.



- @lancearmstrong Good morning from Rancho Pelota. Wasn't gonna race, then decided to, then not, then yes.

- @petewentz presenting at the AMA's facial hair or no facial hair?

- @SherriEShepherd Made it home - thanks 4 prayers - I'm a big believer in the prayer power & especially Tweeps praying together!

METRO WORLD NEWS



Levi keeps photos PG-13

A TASTEFUL SHOOT Photos from Levi Johnston's much-anticipated Playgirl pictorial made their debut early Saturday morning, with the father of Sarah Palin's grandson losing his shirt but keeping the poses decidedly PG-13, people.com reports. According to Daniel Nardicio, a spokesperson for Playgirl, additional photos of Johnston

will be released on a weekly basis.

METRO NEWS SERVICE



Pam tells sons truth about tape

COMING CLEAN Pamela Anderson admits that she's had to come clean to her sons about her infamous sex tape with their dad, Tommy Lee. "I just said, 'Look, Mommy and Daddy were massively in love, we videotaped everything, everything was videotaped, and you're probably going to hear about something at school,'" she says on a British TV special, according to the Sun.

METRO WORLD NEWS



Jon's peace offering to Kate

A REAL LIFE WAR OF THE ROSES Jon Gosselin showed up for a daylong divorce arbitration hearing Saturday with a bouquet of long-stemmed red roses for Kate — only to have her turn them down and later leave the courthouse empty-handed, people.com reports.

But while Jon wasn't able to say it with flowers,

the former couple was able to express themselves well in other ways, leading to a "successful and productive" session, his lawyer Mark Heller tells People.

"This has been called the real-life War of the Roses," says

Heller, referring to the 1989 black comedy in which Michael Douglas and Kathleen Turner played bitterly battling spouses, "and he brought that as a peace offering to break the ice and try to bring the war to an end."

METRO NEWS SERVICE



Carey exhibits diva demands

THE ROYAL TREATMENT Mariah Carey reportedly kept thousands of fans in London waiting at a Christmas lighting ceremony while she enjoyed a glass of champagne with husband Nick Cannon back at her hotel, according to the Daily Mail.

To make matters worse, the paper has

obtained the list of demands Carey's people sent the event in advance of her appearance. According to the newspaper, the singer required an indoor fireworks display, 80 security guards, pink and white butterfly-shaped confetti blasted out over the crowd and a \$330,000 US after-party.

METRO WORLD NEWS

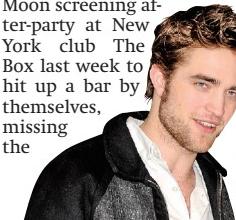
New Moon couple skip after-party

IT'S THEIR PARTY AND THEY CAN LEAVE IF THEY WANT TO Kristen Stewart and Robert Pattinson just want to be alone. The Twilight stars skipped out on a New Moon screening after-party at New York club The Box last week to hit up a bar by themselves, missing the

chance to celebrate with Natalie Portman, Howard Stern and Gossip Girl star Taylor Momsen.

"It was just the two of them and a bodyguard, who was keeping people away," a source tells Page Six. "They were ordering Belvedere vodka and Amstel Light, and were chatting and laughing. They left at 3 a.m."

METRO WORLD NEWS



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Today
Variable
6° / 2°

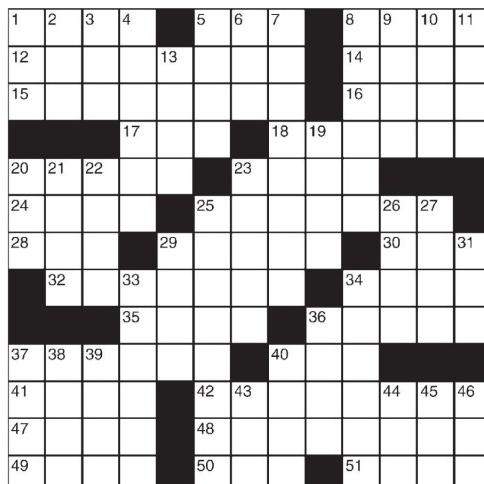
Tuesday
Showers
10° / 9°
70%

Wednesday
Rain
11° / 5°
60%

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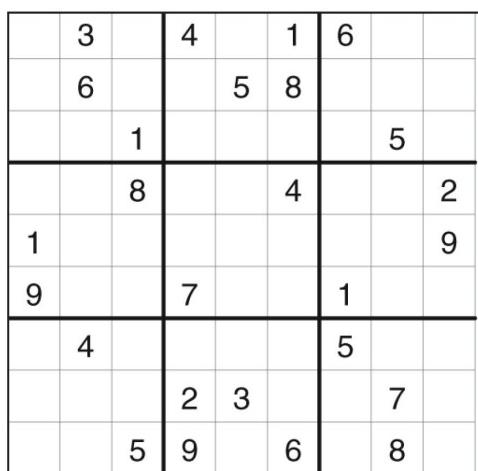
For more delicious Metro recipes, visit: metroneWS.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metroneWS.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

- 1 Martial art
- 5 Clerical addr.
- 8 Major or Minor constellation
- 12 Products that may be "wrought"
- 14 Approach
- 15 Off
- 16 Part of TLC
- 17 Anger
- 18 Venue of perfection
- 20 Batter's woe
- 23 Despot
- 24 Firetruck essential
- 25 Coagulate
- 28 Colouration
- 29 Gold measure
- 30 Swab the deck
- 32 Intoxicated
- 34 Location
- 35 Panorama
- 36 Playful water critter
- 37 Capital of Mozambique
- 38 Mongrel

DOWN

- 41 MPs' target
- 42 Abandoned
- 47 California wine valley
- 48 City in the Bahamas
- 49 Spud's buds
- 50 Stitch
- 51 Unuttered "alas"
- 13 Distort
- 19 Diplomacy
- 20 "Be quiet!"
- 21 Stentorian
- 22 Addict
- 23 Pitched
- 25 Spoofs
- 26 Send forth
- 27 Memorandum
- 29 Heal, as a fracture
- 31 Part of MPH
- 33 Soft palate extensions
- 34 Harness parts
- 36 English river
- 37 Horse's neck hair
- 38 Vacationing
- 39 Benedict XVI, e.g.
- 40 Captain's squad
- 43 Raw rock
- 44 Japanese pond carp
- 45 Work unit
- 46 To the — degree
- 47 Neighbourhood

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	A	C	CHAR	A	D	A	M
E	G	O	Z	A	N	Y	N
C	O	R	V	E	T	E	
R	I	D	S	O	C	A	L
I	D	S	O	R	S	I	C
C	O	R	D	U	R	O	Y
F	O	U	R	B	E	T	
O	U	R	S	E	E	N	
L	U	R	C	O	R	R	O
E	S	E	A	R	E	A	U
D	E	A	N	M	E	W	L

6	7	4	8	2	1	9	5	3
2	5	9	4	3	6	7	8	1
8	3	1	9	7	5	2	6	4
3	6	7	2	1	8	4	9	5
1	4	8	5	6	9	3	2	7
9	2	5	3	4	7	8	1	6
7	8	3	1	5	2	6	4	9
5	9	6	7	8	4	1	3	2
4	1	2	6	9	3	5	7	8

On the web

For more games and 60 additional daily cartoon strips, visit metroneWS.ca



Horoscopes by Sally Brompton sallybrompton.com

ARIES

MARCH 21-APRIL 20



If you change your mind about something today you will most likely change it back again before the end of the week, so why change at all?

LIBRA

SEPT 23-OCT 23



Make sure that facts and figures add up today, because someone could be trying to trick you — and you could lose some serious money.

TAURUS

APRIL 21-MAY 21



Watch what you say over the next 24 hours. If you do go too far and use provocative words, apologize the moment you come to your senses.

SCORPIO

OCT 24-NOV 22



Be careful who you poke fun at today because the planets warn you could offend someone who has the power to make life difficult for you.

GEMINI

MAY 22-JUNE 21



You can quite easily wriggle out of what you are expected to do today but you won't be popular with people in positions of power.

SAGITTARIUS

NOV 23-DEC 21



You don't seem to be much in the mood for work as the new week gets under way, but that's okay. If a task bores you then don't force it.

CANCER

JUNE 22-JULY 22



Flattery will get you everywhere today except the one place you most want to go. For best results, be honest with colleagues and loved ones alike.

CAPRICORN

DEC 22-JAN 20



Everyone seems to have an opinion about what you are up to and, mostly, why you are doing it wrong. Ignore them all. If it works for you, go for it.

LEO

JULY 23-AUG 22



You'll feel the need to clear the air today, if only to start the week on the right note and let those around you know you don't intend to take prisoners.

AQUARIUS

JAN 21-FEB 18



You would be wise not to change your ways just because others expect it of you. Besides, the inner you will never really change.

VIRGO

AUG 24-SEPT 22



The best way to deal with criticism is to ignore it. You may be tempted to hit back at someone's snide remarks but what's the point? Let it go.

PISCES

FEB 19-MARCH 20



Be totally truthful when dealing with others today, even if it means upsetting your friends or putting your standing on the work front in jeopardy.

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This day in history

1959: General Charles de Gaulle, President of France, declares in a speech in Strasbourg his vision for a "Europe, from the Atlantic to the Urals."

1963: The BBC broadcast the first ever episode of Doctor Who, starring William Hartnell, which would become the world's longest science fiction drama to date.

1971: The representatives of the People's Republic of China first attended the United Nations, including the UN Security Council, as China's representatives.

2005: Ellen Johnson-Sirleaf, elected president of Liberia, is the first woman to lead an African country.



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